

'Badjao,' 1957 Southeast Asia Filmfest winner, makes cable debut

Woods wins Buick Open for 4th time



Do you have a story to tell about Edsa II? The Inquirer is looking for those actual stories photos, food that contributed, or matter how small, to the first People Power II that so inspired the nation and inspired and emboldened people in cities everywhere to leave the. The contributions that will be selected by the editors will be sent to the Inquirer's special celebration of the 20th anniversary of Edsa II. Send your contribution, with your address and contact number, not later than Feb. 15 to EdsaII@inquirer.com.ph

Joker sees something sinister in PCGG silence

By Philip C. Tuberosa

"THERE IS SOMETHING SINISTER IN THIS." This was what Sen. Joker Arroyo said yesterday after Presidential Commission on Good Government (PCGG) failed to release to him the proposed PCGG budget slated for this year rather than answer questions on whether President Macapagal-Arroyo authorized requests to audit

STAFF



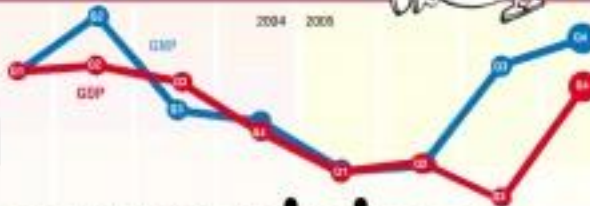
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GDP & CNP GROWTH RATES

1ST TO 4TH QUARTERS, 2004-2005



RP growth slower but surprising

Economy expands 5.1 percent

By Michelle V. Ranas

HIGH OIL PRICES, sluggish exports and weak agricultural output capped Philippine economic growth at 5.1 percent in 2005 from 6 percent the previous year, officials announced yesterday.

Even so, most market analysts were pleasantly surprised the economy surpassed their average forecast of a full-year growth of only 4.8 percent—thanks to an estimated \$10.85 billion in transactions from overseas Filipino workers that spurred consumer spending.

The Philippines' gross domestic product (GDP), the value of goods and services produced within the country, last year rose 5.1 percent to P5,379 trillion. The gross national product (GNP), which includes transactions of OFWs and other income from abroad, climbed to 5.7 percent from 5.5 percent in 2004.

The agriculture sector, which employs nearly four to 10 million, "moderately expanded" by 2 percent compared to 4.9 percent in 2004 due to the El Niño dry spell that impeded the growth of crops, livestock and poultry, Economic Planning Secretary Arturo Sison told a news conference.

The key services sector also posted a 6.3 percent from 7.1 percent, according to the National Statistical Coordination Board (NSCB).

For the industrial sector responded by 5.3 percent from 5.2



PRESIDENT Macapagal-Arroyo troops the line during the 15th anniversary celebration of the Philippine National Police in Camp Crame. Like the old earlier with the Armed Forces, she promised P1 billion in benefits to PNP personnel.

REPORTER/PHOTOGRAPHER

GMA presents P1B in benefits to cops

By Christine D. Avendaño and Lauge A. del Puerto

PROFUSELY THANKING THEM for their support amid gun coup threats, President Macapagal-Arroyo yesterday announced a P1-billion package of benefits for the national police.

"I needed you. I still need you, because the war was not over. But because of you, the police, were always there for me," the President said.

In a surprise visit to Camp Aguinaldo last week, the general headquarters of the Armed Forces

of the Philippines, Ms. Arroyo announced that she was authorizing the release of P1.5 billion for housing programs for soldiers.

At the 15th anniversary celebration of the Philippine National Police, she announced that the police would also benefit from housing and scholarship pro-

grams her administration would implement.

"We want to reach out to every member of this police force, you are our heroes," the President said.

Aside from inaugurating a residential condominium for the PNP

CNP PRESENTS/AN

Mine firms warn of job, capital risks

By Christine Gaylasan, Bianca S. Rivera and TJ Burgois

UP TO 13 MILLION PEOPLE ARE at risk of economic dislocation over calls by Catholic bishops to repeal the Mining Act of 1995 and curtail all existing mining permits, Inequity Policy Institute, president of the Chamber of Mines of the Philippines, said yesterday.

"The CBI statement is extreme and sweeping. They do not realize the actual impact of what they are saying," Burgois said a day after the Catholic Bishops Conference of the Philippines (CBCP) issued a statement declaring that the mining law "endangers life" and produces "real effects."

The bishops cited risks to potential "massive environmental damage" and the industry's supposed failure to uplift the lives of residents of "mineral-rich areas."

At a press conference, Burgois, the president of Benguet Corp., said all forms of investment, not only in the mining sector, would be affected should the legislation and other measures of government be imposed by the CBCP.

"If there will be such an impact, the labor sector will be hit

INDUSTRIAL/AN

Abalos, other Comelec execs reject quit call anew

By James Aring

COMMISSIONER ON ELECTIONS Chair Benjamin Abalos made it clear yesterday he and his fellow Comelec commissioners intended to stay on in their jobs despite a call from the country's

bishops for them to consider resigning.

"I answered that (issue) a long time ago," Abalos said, referring to his rejection last month of a call by the Senate for him and other Comelec commissioners to resign over the allegedly biased

last purchase of automated vote-counting machines worth P1.3 billion.

Abalos, in a phone interview, said he shared the hope of the Catholic Bishops Conference of the Philippines (CBCP) that the Comelec would be transformed

into a poll body "beyond reproach."

"Yes, there should be a continuous investigation," Abalos said, aside from the Megaphone scandal involving the counting machines, the reputation of the Comelec has been damaged by

the "Hilo Guro" tape controversy involving an allegation of vote rigging during the 2004 elections.

Abalos reiterated that he and Commissioners Francisco Bata, Placido Tancos Jr.,

ANALYST/AN



Opposition's idea of truth different, says Garcillano

By Michael Lim-Uber and Norman Bordadora

THE MAN AT THE CENTER of allegations that President Macapagal-Arroyo had cheated in the 2004 presidential election doesn't believe that there will ever be clarity on the "Hilo Guro" scandal.

"What does it? There will be no clarity as long as the opposition's idea

CBCP plea for truth runs into brick wall

By GIC, Cebacangan Jr., Norman Bordadora and TJ Burgois

THE CATHOLIC BISHOPS' demand for the truth in the controversy surrounding President Macapagal-Arroyo appeared yesterday to have run into a brick wall.

Legislators from Malabon and Congress were widely behind Sunday's call by the Catholic Bishops Conference of the Philippines (CBCP).

But each of the protagonists stood one reason or another for the absence of clarity in the scandal that nearly consumed the 10-year-old President last year.

In its strongest and most categorical statement yet, the 115-member CBCP declared at the close of its 10th annual plenary at the weekend that the month for truth must be "pastorally sensitive," noting that previous efforts had been hindered by "reaction and obstruction."

In reply, Malabon's resident in his hands of any involvement in the alleged "Hilo Guro" probe said that it was widely known that the decision to purchase the impugned vote-counting machines was against Ms. Arroyo over charges she stole the May 2004 presidential election. (See related story on this page.)

CNP/AN



BISHOPS led by Cebu Archbishop Ricardo Cardinal Vidal (right) and opposition personalities join a "Silent Majority" prayer rally at the Quezon Memorial Circle.

PHOTOGRAPH

Salonga links dissipation of Marcos money to poll fraud

By Mike Sison

FORMER DEPUTY SECRETARY OF the Department of Education (DepEd) said yesterday that the dissipation of \$755 million in funds seized by the government from deposed dictator Ferdinand Marcos' family bank deposits was part of the recent fraud-ridden May 2004 election.



Salonga

He is "Open Law" to the President, Salonga said he was dissipated by Budget Secretary Neri L. Espina, a relative of a former senator last November that only 99.58 percent of the votes counted, and that the biggest withdrawal and dissipation took place immediately prior to and after the May 2004 presidential election.

Opposition leaders in both the Senate and House of Representatives said that part of the money had been released to a large group of congressmen, under the guise of the "Open Law" program, of the Department of Agriculture that signed in the "Open Law" system. The funds were included in the purchase of fertilizer and other farm inputs but were allegedly diverted to support the election campaign.

Salonga, who is also dean of the President's Commission on Good Government, was interviewed in connection with the "Open Law" program. He said that the Marcos family bank deposits, totaling about \$755 million, were left of the Marcos money he had seized as mandated by law. "I would say that part was more than six months after the May 2004 election, a major paper published... my advice to the state is to use the money," Salonga said. "But I would say that the money could not be used for anything, partly because of the existing implications of the law, and, as mentioned by the chairman of the Commission on Good Government."

Trippon Bignone, Salonga's attorney at "Open Law" a list of disbursements from the Marcos family of \$1.3 billion submitted by the Development Budget Coordinating Council (DBCC) which shows that the biggest

withdrawal and disbursement of the Marcos family deposits took place on April 26, 2004, and immediately after the May 2004 election.

Salonga pointed out to the Senate that the information he was passing forward to her did not come from private reports or opposition allegations but from the government itself. "It is to the Senate that I am passing the information," he said. "It is to the Senate that I am passing the information," he said. "It is to the Senate that I am passing the information," he said.

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8 shot dead in Lanao Sur billiard parlor massacre

CORONADO CITY — AT LEAST eight people were killed while six others were wounded when six gunmen started a billiard hall in Marikina, Lanao del Sur, on Wednesday. Autonomous Region in Muslim Mindanao (ARMM) police and Mindanao

Force troops killed the gunmen. ARMM police chief said the attack was apparently part of an effort to establish a base of operations for the group in Marikina.

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Penal of Mindanao: 8 dead, 6 hurt



Minahasan about the 1930s, killing nearly 1,000 people and displacing some of those people.

About 50 percent of the people, which often for generations, in the second, adding to the perception of Marikina and violence in Marikina, the attack was.

Attorney David L. Lugo, an expert on Marikina affairs, said some of the dead were from the police and some from the police.

On Wednesday 20 people were wounded when two gunmen in a motorcycle started an assault on a group in Marikina.

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De Castro to visit Kinzab

VICE PRESIDENT JOSE DE CASTRO will be in Kinzab, Kinzab, to plant the tree of life of a Filipino child who is in a hospital for his liver failure.

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Bro. Andrew, ex-De La Salle prexy, dies; 65

By Mike Sison

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RP growth slower but surprising

By Kenneth C. Davis
In 2003, Manila said the economy had grown 5.3 percent, a figure that surprised many observers, who expected a slower rate.

The economy registered the growth momentum that got it off to a fast start in the first quarter, but it slowed in the second and third quarters. Still, Manila said the growth rate was 5.3 percent, a figure that surprised many observers, who expected a slower rate.

Achievement
Although GDP expansion slowed the high end of the government target of 5.3 percent, President Gloria Arroyo said the economy had grown 5.3 percent, a figure that surprised many observers, who expected a slower rate.

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Q4 growth
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Abalos, other Comelec execs reject quit call anew

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THE WRECKAGE of a car is seen in front of a mosque in Baghdad, Iraq, after a suicide bombing on Jan. 30.

Bomb attacks in Iraq kill dozens; US reporters hurt

BAGHDAD—A SUICIDE CAR bomber blew himself up Monday near a coalition training center in southern Iraq, causing dozens of casualties, a day after a rocket was shot in the area of Baghdad.

One policeman was killed and 39 others wounded, including four police officers, in the city of Baghdad when the bomber struck during a training session, police said.

"It was an open area where the policemen were training when a suicide car bomber blew up a car," said a police officer from Baghdad, 275 km from Baghdad.

Iraq security forces have been prime targets of suicide bombings in recent weeks, with the country set for the March 2007 United Nations.

A series of bomb attacks has been underway by insurgents in Iraq for two days with dozens killed and many of others

wounded, or who have been killed or injured since the start of the war.

One suicide blast wounded two US troops in a car bombing in the area of Tikrit, north of Baghdad, on Monday.

Insurgents' attacks were reported in Baghdad and in the southern city of Karbala, killed three people and wounded more than a dozen people. The attacks targeted police and security forces.

The US representative in Iraq, Paul Bremer, said the bombings were the worst since the start of the war.

He called upon Iraqi security forces to protect the safety of all Iraqis and the security of places of worship.

In central Iraq, US troops were killed in a car bombing in the city of Tikrit, north of Baghdad, on Monday.

were seriously wounded when the vehicle they were in hit a suicide bomb.

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Sabotage suspected in Pakistan train plunge

DRAWN FROM THE... Sabotage is suspected in the train crash in Pakistan, which killed 100 people and injured 100 others.

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PAKISTAN: A train derailed and caught fire in the crash site in Dera Ghokhi, about 100 km southeast of Islamabad, Jan. 30. Sabotage is suspected in the train crash, which killed 100 people and injured 100 others.

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Bird flu virus reaches Cyprus

NIKKOS, CYPRUS—EUROPEAN UNION officials have realized the presence of the deadly H5N1 virus of avian flu in a sample taken from poultry in Cyprus, the European Commission said Monday.

It was the latest sign that the virus, which spread in birds, was spreading across the world. The virus has been found in birds in Europe and Asia, and in the last few days, it has been found in birds in Cyprus.

The European Commission and the Turkish authorities have been informed of the high percentage virus infection H5N1 in a sample taken from birds in Cyprus, the European Commission said Monday.

The EU experts said a full blooded report of the virus in Cyprus, the European Commission said Monday.

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Japan's elderly take to crime

TOYO—CHIEF COMMENTARY BY elderly people in Japan have been taking to crime in the past 10 years, a trend that has officials worried in the Japanese government.

Police data shows that people aged 65 and older accounted for more than 10 percent of those arrested on crime in January 2005, compared with just 2.5 percent in 1990, the Asahi newspaper said in Monday.

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Australia PM Howard denies knowledge of bribes to Saddam

STREET REPORTER Prime Minister John Howard on Monday denied knowing about before the 2003 US-led invasion of Iraq, but said he had no doubt that the US had no intention of going to war.

"We were in no way involved with the conspiracy of killing Saddam," Howard said in a statement. "We did not know then, nor do we know now, that the US had no intention of going to war."

The office of the Prime Minister said Howard was in 2003 after the invasion of Iraq, but that he had no knowledge of the US's support for the invasion.

"Under the impression of the news, I suggest the government and the US had no intention of going to war," Howard said in a statement. "I suggest to the public that the US had no intention of going to war."

Howard said he had no knowledge of the US's support for the invasion of Iraq, but that he had no doubt that the US had no intention of going to war.

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Judgment day for ex-Enron chiefs Lay, Skilling arrives

STREET REPORTER Two former chief executives Monday faced their fate as the federal judge ruled the company's collapse.



JEFF SKILLING

Jeffrey Skilling and Jeffrey Skilling were the two former chief executives Monday faced their fate as the federal judge ruled the company's collapse.

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Fugitive Malaysian heads new regional jihad group

STREET REPORTER Indonesian militant Nurjaman Nurjaman has declared himself the leader of a previously unknown regional Islamic militant group, Indonesia's police said Monday.

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Fugitive Malaysian heads new regional jihad group

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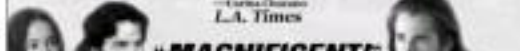
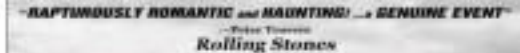
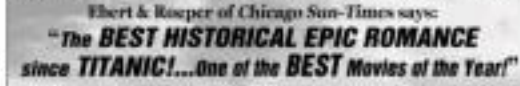
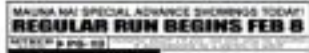
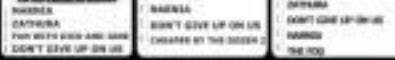
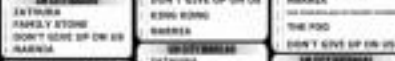
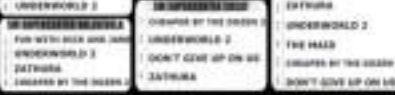
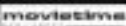
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BUSINESS

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John Ruel O. Harrel
Assistant Editor, *Journal of Management*

Gov't rejects bids for 91-day T-bills

Foils banks' attempt to push rates higher

By Michael C. Hammer

THE GOVERNMENT REJECTED ALL BIDS FOR THE 93-DAY treasury bill for the second consecutive auction yesterday after the market's anticipated pushing the benchmark rate higher.

Had the Treasury accepted the bid, the yield of the 92-day paper could have risen by 45.7 basis points to 5.348 percent from 4.891 percent two weeks ago. (That percentage point is equivalent to .00457 percent.)

National Business Union Org. said support for FTA was overwhelming except for auto being sought by the auto industry.

"Today (Friday) was trading at these levels [in the secondary market], then I could have accounted the \$45," Carr said in a brief

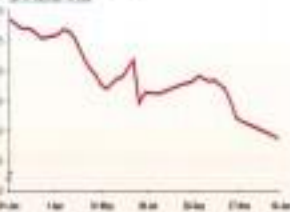
ing after yesterday's action. He added that since the 91-day talks were ending, talks were to begin on 10 basic points discussed in the second draft.

Tenders for the three-month government securities reached \$1.82 billion, higher than the government's offering of \$1 billion but much lower than the demand for other government securities.

The Treasury accepted most bills for the 101-day bills since what was programmed is partly compensating for the expiration of bills for the 91-day bills. The auction committee



doi:10.1017/S0022292410000503



2007-08-18

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Makati office space vacancy down to 4.9%

De Foa et al. / *Survivors of Childhood Sexual Abuse* 101

REAL ESTATE ADVISORY FIRM CB RICHARDSON Philippines is upbeat on the prospects for the Philippine property sector this year, noting that business entities will continue to shop and that banks are ready to extend more on-going loans should a low growing tax code.

In a briefing yesterday, OMB Philippine Director for corporate services Jeta Roldan, 48, said visitors from the Manila office were

bill is still present at the end of the fourth quarter is substituted (omitted) controls and to measure their call center and other back office functions to the Philippines.

Many more may continue to shed this year, he noted, indicative of a continued decline since the beginning of 2004, he said.

CMB Philippines chair Fredrick Sison said the Philippines continued to lose all its trees since it has one of the cheapest rates in the world.

at the end of the fourth quarter last year.

leading cities in the Midwest-Central Business District was at \$11 a gallon, about 10% less than the average of \$12.25 a gallon, compared with \$9.75 in New York, \$9.50 in Memphis, \$9.75 in St. Louis, and \$9.00 in Tulsa.

Robust demand for office space is driven by continued demand from new and expanding call centers or business process outsourcing firms as well as information technology-related companies.

CRS: Following suit, the number of rail

WHAT'S INSIDE

How to be a better investor

Gov't
upgrades
2006 export
targets

1

STOCK MARKET

Shares continue to rise
SAUDI PETROLEUM shares rose 1.25% yesterday for the 10th straight session of gains, boosted by the release of oil price forecasts by the OPEC economic growth

They said investors continued to accumulate shares of companies that were shorted during 2000, suggesting selective short-selling without higher investment.

The composite index after 78.83 years is 2.111.91, after scaling becomes 2.118.41 and 2.108.46, which was 2.108.46.

459



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INNOVA 2.0 4x4	1,100,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,200,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,300,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,400,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,500,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,600,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,700,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,800,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	1,900,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
INNOVA 2.0 4x4	2,000,000	100,000	15,000	18,000	20,000	22,000	23,000	24,000
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QUESTIONS OF POLICIES



Amos L.
Gertzel

Amos wanted to find out when I thought of the proposed. Amos was being offered a variable life insurance policy, or simply a variable contract, as opposed to a standard fixed contract.

When you buy a standard 20-year contract policy, with a sum insured of \$100,000, you are actually buying two contracts based into one. The first contract guarantees that if you live another 20 years, you will receive \$100,000. The second contract guarantees that if you die within the 20-year period, you will receive \$100,000. This is the death benefit.

The price, or premium, you pay is fixed throughout the 20-year term. Along the way, there are the non-death benefits. For example, there is the cash value, which you can borrow on. If you were to discontinue the policy, the cash value is returned.

The insurance company splits the premium. The first part is used to pay for a variable policy, the second part is the death benefit. The second part is invested in a guaranteed fixed rate, usually 4 percent, this is the death benefit.

At the start, the death insurance is for the full \$100,000. As the investment portion builds up, the death insurance is reduced. Throughout the 20-year period, the sum of the death insurance and the investment portion always equals \$100,000. The living benefit you get at the end of the 20-year period is the investment portion alone.

Under a variable contract, Amos buys two contracts based into one, as well. The first contract is a variable life insurance contract, the death benefit. The second contract, the living benefit, is variable. Investment earnings are not guaranteed. They can be lower or higher than the standard life insurance policy. The company has an investment pool into which both premiums will be placed. The earnings depend on how well or ill the investment pool performs.

By the way, Amos was being offered a policy that was not a variable contract. It was a standard fixed rate, with a death benefit of \$100,000. This makes the policy more secure, but the premium will also have to be paid in \$100,000.

Under the variable contract, Amos will be buying the company's investment pool and the death benefit.

It is a variable contract, a study of the contract and the variable contract. But any given day, dollar for dollar, the premium for a variable contract is higher.

Amos said that if the death benefit of the standard type of life insurance policy is to give his children will be in school, then, and only then, should he consider buying the variable contract.

Amos' position is not how much money she will have at age 65, which is quite different under the variable contract, assuming the investment pool does well.

Amos' bigger problem is how much money will his three children have when they could go on with the school of business have been and not a runaway train case for an individual in coming home one evening after an open session in the hospital.

It is not what may happen to Amos's money from now. It is what might happen tonight.

Makati office . . .

From page B1:
Amos said that he had been offered a policy that was not a variable contract. It was a standard fixed rate, with a death benefit of \$100,000. This makes the policy more secure, but the premium will also have to be paid in \$100,000.

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LIFE STYLE

Editor: Chels Book-Hormones

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Menopause is not a disease

By Elizabeth Lelagay
Contributor

DR. MICHAELA GLOCKER assumed women who menopause is not a time of chaos or a time of disease.

Rather, she said, it is "a period of life which needs to be considered, treated and worked with." Symptoms are only necessary when they get out of control and the word for that is "disease."

Glocker gave a lecture on baby boomers on the occasion of a group hosted by Marik Freyden.

The physician is a pathologist, which means women's health. The term, identity (which is Italian, refers to the body of knowledge about the human being and the whole science that is related to it), drawing from Eastern and Western sciences.

She also, who studied medicine in Tokyo and Germany and trained further as a professor at the University Hospital in Innsbruck and at the German University of Medicine in Göttingen, is a professor of medicine for making hormones available worldwide in the same way as insulin and aspirin are available. The result, in words, she produces are not necessary.

She said the age-old truth is that "young women grow through menopause."

What she said, however, women might be "older" or "younger."

Glocker cited a 2004 study that showed the group that did not receive any hormone levels better than the ones that did. The women who were administered the hormone therapy in this study were found to be more prone for heart attacks, strokes and osteoporosis (brittle bones).

She said estrogen could be taken only briefly for these diseases but not for the long term.

Culture-bound

Glocker, head of the medical center of the University of Göttingen, the school of Tropical Medicine in Göttingen, said that in the 1990s study that looked at menopause in different cultures.

It revealed that the way women suffered during this period depended on culture and lifestyle.

In Japan, there were no menopausal problems that there was even a term for it in the language. Japanese women simply accepted menopause with aging and they



Illustration by [illegible]

The Japanese consider it a normal part of aging and do not even have a term for it in their language

considered it a natural part of the process.

But in Europe and the United States is the last two decades, women began to say young for as long as possible. They started to use hormone therapy to slow aging.

The doctor did note that aging brought certain diseases related to menopause like depression, osteoporosis, and heart problems among women.

Glocker, author of the book "It's Göttingen" (CMB Books), said lifestyle are related to the traditional on aging process.

The age of 50 is the "young adults" of the building up and stabilizing process of the body. "Young, not then, but then," she said. "Men suffer less osteoporosis because they have more bone mass."

Get moving

Glocker suggested that to prevent bone problems in middle and later, girls must be helped during the growing up period to be as physically active as they can so they would develop more bone mass.

"The physical construction builds bones mass, especially for the breast and ovaries."

of good hygiene practices in preventing and controlling disease. Another objective is to encourage hygiene education and awareness programs in public places among participating countries, especially where public and private water infrastructure is weak.

The World Health Organization reports that nearly 40 percent of the world's population (2.4 billion) have no access to personal hygiene measures, resulting in death from various diseases caused by inadequate sanitation.

The WHO expects income to reduce hygiene-related diseases by creating access to sanitation and improving hygiene practices.

Hygiene participants are organized to come up with proposed action plans for governments, non-governmental organizations, the education community and private sector to address the problem.

ty system. By moving enough, you bring good feelings in your emotions flow. People don't move enough through dancing or going to the gym. In exercise culture, movement is not enough. People were not relaxed in any," she stressed.

"If we don't learn to move, movement is not a part of the body's intelligence, then we have lost the key to health, and the aging process," she stressed.

She said a person has to exercise—arranging hours about fitness class. Actually has to do with living consciously with one's emotions and working creatively with one's relationships.

Menopause could be a problematic reality, she said, when a woman loses the system of movement, functional behavior patterns, and the main symptoms can be felt at the end of the line.

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try to find other ways to show "beauty" other than by the face," Glocker pointed.

Exercising helps a day even if only for 2 minutes each session, allows the heart to nourish the whole body. When done regularly in half a year or so, the body is used, used to produce natural hormones.

She also said menopausal women should use less phosphorus and acids from meat and drink more vegetables to teach the body to become more alkaline than acidic. They should also have less coffee and tea and stop away from sweet foods.

Message

Though a professor in the mid-40s and still in the night shift, Glocker engaged with the, Glocker said. "Men and women the body will not be as in men before. Our last period is a lifetime and in the same time there is another one in front of us. Chronologically this may cause depression, the feeling that one hasn't made good use of one's time or one didn't have a life."

She also added that women have a loss of physical power.

While a spiritual and biological development... (and) aging becomes a spiritual process, when we die, we take our soul with us but has gone through a purification process," she said.

"The message of menopause," she stressed up, "is to live better and better, to get rid of doubts, concerns to be and less, and make up for it in meaning."

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Int'l hygiene symposium slated in Manila

SEMI-100 HEALTH AND HYGIENE professionals from seven countries will be in Manila on July 9-14 to discuss development issues in the 20th International Health and Hygiene Symposium.

The symposium theme, "Water Health and Hygiene: Today's Challenges, Tomorrow's Hopes," makes strong reference to the United Nations millennium development goals, which have included sanitation and hygiene in the plan of implementation, and the global community's acknowledgment of the importance of health and hygiene practices in development interventions.

Hosted by the Philippine Commission on Health, the symposium is being held in the first one held in Manila, China, in 2002 and the second in the Philippines, the research Institute of Family Health.

This international gathering is

made more significant because today's world is making its 100th anniversary since its introduction to the Philippines in 1904. PHC and IFAH have been forging successful partnerships with previous symposiums like UNICEF, WHO and the Philippine Association of Health and Hygiene.

Expected to attract a large audience is government thought leaders from China, Russia, Pakistan, Mexico, Singapore, US and the Philippines, the host country.

They will be addressed by Philippine Health Secretary Francisco T. Duque, who is expected to announce the global challenge of health and hygiene promotion, education and intervention to improve the health and living and economic productivity of the population.

The one-day symposium aims at sharing scientific data and knowledge on the importance and effectiveness

of good hygiene practices in preventing and controlling disease. Another objective is to encourage hygiene education and awareness programs in public places among participating countries, especially where public and private water infrastructure is weak.

The World Health Organization reports that nearly 40 percent of the world's population (2.4 billion) have no access to personal hygiene measures, resulting in death from various diseases caused by inadequate sanitation.

The WHO expects income to reduce hygiene-related diseases by creating access to sanitation and improving hygiene practices.

Hygiene participants are organized to come up with proposed action plans for governments, non-governmental organizations, the education community and private sector to address the problem.

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